

Am I Experiencing Health Anxiety?

Health anxiety should only be diagnosed by a mental health professional or a doctor. However, answering the questions below can give you an idea of whether you might find it helpful to have a professional assessment.

Are you concerned that you might have a serious illness or disease that doctors have not found?

Not at all

A little bit

Quite a lot

Very much

How much time do you spend worrying about your health?

Never

Occasionally

Much of my time

Most of my time

How often are you afraid that you have a serious illness?

Never

Occasionally

Much of my time

Most of my time

How relieved do you feel when a doctor tells you there is nothing wrong?

Lastingly relieved

Initially relieved, but
worries return later

Initially relieved, but
worries always return

Not relieved

Do you have difficulty taking your mind off things about your health?

Not at all

A little bit

Quite a lot

Very much

The questions above can't provide a definitive diagnosis, but if you ticked the rightmost box to lots of these questions, you might be experiencing health anxiety.